

Dear Healthcare Provider,

The Department of the Navy requires its members to have an annual Periodic Health Assessment (PHA) in lieu of the periodic (five-year) physical examination. The annual PHA focuses on health maintenance and health promotion/prevention counseling, with the objective of improving overall health, reducing health risk behaviors, and minimizing the number of health visits required throughout the year. It should also ensure the member is medically ready for military deployment. Requirements are specified in OPNAV Instruction 6120.3, of September 14, 2007. The DD Form 2766 is a dynamic document in the medical record that is updated as needed. In addition, the annual PHA encounter is to be documented on NAVMED Form 6120/4.

1. **Health Assessment Survey:** Members will complete and furnish the results of the Web-based Health Assessment Review Tool Screening (HART-S) or Fleet and Marine Corps Health Risk Appraisal (HRA) for your review and appropriate health prevention/promotion counseling. Please document counseling/education in the member's medical record on the DD Form 2766, section 5 and on NAVMED Form 6120/4.
2. **Clinical Preventive Services (CPS):** Members will receive the age and gender-appropriate counseling, immunizations, and screening tests recommended by the U.S. Preventive Services Task Force (see "Clinical References" at <http://www-nehc.med.navy.mil/hp/cps/pha.htm>).
3. **Problem-based Examination:** The provider will identify medical problems based on review of the medical record, discussion with the patient, and focused physical examination. The provider will also ensure that health problems associated with past military deployments have been resolved (review the Post-Deployment Health Assessment (PDHA) and Reassessment (PDHRA) forms and ask member if he/she has any unresolved deployment health concerns).
4. **Individual Medical Readiness (IMR) Review and Update:** All immunizations and lab tests related to military deployment should be reviewed for currency, updated as needed, and documented on the Chronological Record of Medical Care Standard Form 600 (SF600) overprint. A list of IMR requirements can be found in the governing instruction cited below..
5. **Physical Fitness Assessment (PFA) clearance or waiver:** The provider will specify limitations for physical training or testing on **XX Form 1234** (tbd) if the member is referred specifically for evaluation of possible contraindications to physical activity.
6. **Occupational Medical Surveillance:** The provider will screen the member for job-specific hazardous exposures or possible job-related health complaints.

[View Governing Instruction here](#)

[View forms necessary to complete the annual PHA here](#)

If you have any questions about the PHA, please feel to contact NMCPHC at nmcphc-pha@med.navy.mil or 757-953-1604.